

CHICAGO SENIORS CONNECTED

Fall - Winter 2021



VIRTUAL AND TELEPHONE PROGRAMS FOR OLDER ADULTS



CITY OF CHICAGO
LORI LIGHTFOOT, MAYOR



CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES
BRANDIE V. KNAZZE COMMISSIONER

A Note from the Executive Director

Dear Friends:

As we move into Phase II of our three-phased approach of our Senior Center reopening plan, we are excited to share the news of expansion of Senior Center activities at our five Regional Centers (**Central West, North East Regional, North West Regional, South East Atlas and South West Regional**). Our phased plan is as follows:

- Phase I: Computer lab access and boxed lunch congregate dining meal service effective July 6th
- Phase II: Small group low-risk activities available through pre-registration (e.g., Loteria, Bingo, Drawing and Painting, Arts & Crafts and Chair Fitness) effective October 4th
- Phase III: Continued expansion into more interactive/higher-risk activities (e.g., choir, dance, use of fitness equipment) are being evaluated for a later date

Since reopening, over 15,000 Seniors have walked through our doors with opportunities to engage with peers through socially distant congregate dining, to use computers or to grab a “To Go” boxed meal. As we enter Phase II, we gradually expand in person services at the Regional Centers and the Satellite Centers. The Renaissance Court Regional Center will reopen at a later date. The following safety requirements will be implemented at all 20 Regional and Satellite Senior Centers:

- Operations at 50% capacity within the center
- Social distancing requirements ranging from 6 to 10 feet dependent upon level of activity with class sizes restricted to ten participants subject to room size
- Completion of a health and COVID-19 screening questionnaire prior to entry
- Temperature check prior to entry
- Frequent handwashing and hand sanitizer use
- Mask wearing for all staff, volunteers and participants except when eating
- Mask wearing during all classes and activities
- Pre-registration of onsite classes
- Participant swipe-in and daily sign-in sheets to assure updated contact information
- Dissemination of information on vaccination opportunities
- Staff and/or participants that report feeling sick are required to go home

In addition to expansion of in person activities, we continue to implement and promote our popular **Virtual Senior Center** which offers a wide variety of activities and opportunities for connection with seniors across the city of Chicago through virtual social, educational, fitness, and health programming! We encourage you to look through this **Fall-Winter Edition of our Life Enrichment Brochure** to experience activities, be socially connected and engage with others from the comfort of your home.

We would also like to announce our **VAX to GET BACK** Campaign! Some of you that recently visited our senior center vaccination clinics may have already received your special “SWAG” bag of goodies including informational flyers on vaccine support and senior services programming, a calendar for scheduling appointments, a senior services lapel pin and a water bottle with a fruit infuser. We continue to urge vaccinations as the best way to protect yourself, family and community against COVID and its variants. Vaccinations also support the safety of our senior center participants and helps us to safely expand programming.

We will keep you posted as we move throughout the various phases and expand in-person programming. In connection with CDC and CDPH guidelines we are working on the expansion of Senior Center activities at our Satellite Centers.

Additionally, we invite you to join the Mayor and Chicagoans across the city to take the **Protect Chicago 77 Pledge** at chi.gov/77Pledge

I pledge to do my part to Protect Chicago and help the city truly recover from the pandemic. I will actively participate in efforts to get 77 percent of my city vaccinated and will leave no Chicagoan behind. I myself am vaccinated against COVID-19, and I will help my family, my friends, my neighbors, and all my fellow Chicagoans make the decision to receive a lifesaving vaccine. I will support businesses that promote vaccine safety. Working together, we can move past the pandemic and keep moving our city forward.

As we look forward to upcoming events and holidays like Thanksgiving, Hanukah, and Christmas, we invite everyone to take advantage of vaccination opportunities, to stay active either by registering for classes at our Senior centers and/or engaging in our virtual programming. ***November is National Family Caregiver Month.*** Let's recognize and celebrate those that dedicate considerable time and efforts to taking care of loved ones.

If you have any questions or if you like to learn more about senior service programming and opportunities, please call us at 312 744-4016 or email aging@cityofchicago.org.

And don't forget to take the pledge...I did!

Margaret LaRaviere
Executive Director for the Area on Aging
Senior Services Deputy Commissioner



National Family Caregivers Month

Administration for Community Living



September 2021 – December 2021

Classes are scheduled weekly, unless otherwise noted, and are available in various virtual formats listed under “Location.”

<u>Zoom Instructions</u>		<u>Phone Instructions</u>
Step 1: Go to Zoom.com Step 2: Click “Join Meeting” Step 3: Type in Meeting ID Step 4: Type in Passcode (if applicable)		Step 1: Dial Number Step 2: Enter Password
MONDAY		
Time	Class	Location
8:30am	<u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, Symbria</i>	Meeting ID: 764 0903 0804 Passcode: mgatt8

MONDAY

Time	Class	Location
10:00am	<u>Sit & Be Strong with Joyce (PHONE & ZOOM)</u> Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture because the stronger that your muscles better your balance. Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels. <i>Joyce Bloom, Symbria</i>	Phone: (312) 626-6799 Meeting ID: 781 8847 6951 Zoom Meeting ID: 781 8847 6951 Passcode: 452540
11:00am	<u>Sit & Be Strong with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:30pm	<u>Ballroom Dance (ZOOM)</u> Learn American-Style Tango, Rumba, Waltz, Foxtrot, East-Coast Swing, Polka & Texas 2-Step! No partner needed! <i>Norm Viray, Instructor</i>	Meeting ID: 885 2872 4450 Passcode: 311631
1:00pm	<u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility .and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>BINGOCIZE (Phone/ZOOM- Registration Required)</u> BINGOCIZE is an evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email jcoogan@whitecranewellness.org . *No Class October 11th	
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj

MONDAY

Time	Class	Location
1:00pm	<p align="center">October 4th – December 27th</p> <p>WEEKLY VIRTUAL SOCIAL SUPPORT GROUPS (Phone/ZOOM)</p> <p>Do you want to connect to others during this time of social distancing? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as you explore new ideas and ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. You can participate in the group with video from your computer/tablet, or you can participate by phone only. <u>Mary Ellen Withers, LCSW</u></p>	
2:00pm	<p><u>Bingocize (ZOOM/Phone- Registration required)</u></p> <p>BINGOCIZE es un programa de ejercicio grupal diseñado para aumentar la movilidad y el estado físico. Los ejercicios ofrecidos son apropiados para personas de todos los niveles de condición física. ¡Únase a nosotros para mejorar tu salud, hacer nuevos amigos y ganar una PREMIO!</p> <p>¡Participe desde la comodidad de su propio hogar, por tableta, computadora o teléfono! Si necesita ayuda para conectarse, no se preocupe. ¡Nuestro especialista en informática lo ayudará a conectarse!</p> <p>El espacio es limitado; así que regístrese hoy para reservar su lugar y ¡traiga un amigo</p> <p><i>*No Clase el 11 de Oct</i></p>	
2:00pm	<p><u>Well-Being Yoga class (ZOOM)</u></p> <p>Physical activities are good for relieving stress and this is particularly true of Yoga. Yoga improves your mind-body concentration, giving you better awareness of your own body. Yoga increases your muscle tone, improves your balance, supports joint health, and prevents back pain. Yoga helps to improve your breathing and flexibility. <u>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</u></p>	<p>Meeting ID: 735 1293 3404</p> <p>Passcode: 8kg5G7</p>

TUESDAY

Time	Class	Location
9:00am	<p><u>Bingocize (ZOOM/Phone- Registration required)</u></p> <p>BINGOCIZE es un programa de ejercicio grupal diseñado para aumentar la movilidad y el estado físico. Los ejercicios ofrecidos son apropiados para personas de todos los niveles de condición física. ¡Únase a nosotros para mejorar tu salud, hacer nuevos amigos y ganar una PREMIO!</p> <p>¡Participe desde la comodidad de su propio hogar, por tableta, computadora o teléfono! Si necesita ayuda para conectarse, no se preocupe. ¡Nuestro especialista en informática lo ayudará a conectarse!</p> <p>El espacio es limitado; así que regístrese hoy para reservar su lugar y ¡traiga un amigo</p> <p><i>*No Clase el 11 de Oct</i></p>	

TUESDAY

Time	Class	Location
9:00am	<p style="text-align: center;"><i>October 5th & October 19th</i></p> <p><u>Dietician Presentation (Phone / ZOOM)</u></p> <p><u>Boost Your Immunity Through Diet</u></p> <p>October is a great time to <i>BOO</i>st your immune health. But are there really foods that can make your immune system healthier than others? YES! But what are they? Join us as we explore what foods to include in your diet especially during the cold and flu months to help keep your body strong and healthy all year long! <i>Kristin Gustashaw, MS, RDN, LDN, CSG</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
9:00am	<p style="text-align: center;"><i>November 2nd & November 16th</i></p> <p><u>Dietician Presentation (Phone / ZOOM)</u></p> <p><u>Score a SMART Goal for Your Diet and Lifestyle</u></p> <p>Scoring goals is not just for sports! Personal goals are an extremely important part of reaching your full health potential. Learn strategic ways to make SMART goals that focus around your diet and lifestyle choices that can help you live the best life YOU are meant to Live! <i>Kristin Gustashaw, MS, RDN, LDN, CSG</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
9:00am	<p style="text-align: center;"><i>December 7th & December 21st</i></p> <p><u>Dietician Presentation (Phone / ZOOM)</u></p> <p><u>Trans Fat Detectives Wanted!</u></p> <p>Trans fats are an extremely unhealthy fat found in many processed foods. Though the food industry is working to reduce the use of them they are still found in many common foods you might eat each day. Learn what they do, how to detect where they are and great alternative food choices to help keep you loving what you eat. <i>Kristin Gustashaw, MS, RDN, LDN, CSG</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
9:00am	<p><u>Forever Fit Class with Betty (ZOOM)</u></p> <p>Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i></p>	<p>Meeting ID: 769 570 2809</p> <p>Passcode: 1x6w0i</p>
9:00am	<p><u>Fran's Easy to Learn Line Dance (ZOOM)</u></p> <p>Join Dancemate's Fran with her Easy to Learn Line Dancing Class! Includes 60's, popular, country and ballroom dances! <i>Frances Strain, Instructor</i></p>	<p>Meeting ID: 897 3615 0114</p> <p>Passcode: 684372</p>

TUESDAY

Time	Class	Location
9:00am	<u>Computer and Technology (ZOOM)</u> Increase your computer and technology skills. Learn basic, intermediate, and advanced skills, including how to set-up an e-mail account and to how to navigate social media. Time will be allotted for "How do I..." questions at the end of each class. <u>Joseph Fedorko, Instructor</u>	Meeting ID: 514 975 0953 Passcode: 727822
9:30am	<p style="text-align: center;">October 5th, November 2nd & December 7th</p> <p><u>Talk with your Wellness Nurse Cindy (Phone)</u></p> <p>Take a coffee break with your Wellness Nurse Cindy! Pour yourself a cup of coffee or make yourself some tea and grab your phone and call your Wellness Nurse Cindy to discuss your health concerns. She has set aside time especially for you from 10:00am-11:30am.</p> <p style="text-align: center;">Dial 312-945-8430 and ask for Cindy.</p> <p>Please leave a message if the line is busy and your call will be returned during call-in times. All callers will receive a joke of the day since it is so important to keep our sense of humor during these challenging times! Remember, if you are having a medical or mental health emergency, please call 911. <u>Cindy Nissen, MSN, APN</u></p>	
10:00am	<p style="text-align: center;">October: 5th & 19th November: 2nd & 16th December: 7th & 21st</p> <p><u>Ask the Dietician (Phone/ Online)</u> <u>Group Nutrition Q&A</u></p> <p>Join a conference call for a lively discussion with a dietician and fellow participants regarding any nutrition related questions you have. You can participate as much or as little as you would like. Either way, you are sure to learn new ways to meet your nutritional needs! <u>Kristin Gustashaw, MS,RN, LDN, CSG</u></p>	Phone: (312) 535-8100 Rush.webex.com Password: Nutrition Access Code: 2624 206 3244

TUESDAY

Time	Class	Location
10:00am	<u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class. <u>Judie Bernard, Symbria</u>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair. <u>Patricia Dereef, Symbria</u>	Meeting ID: 781 025 7235 Passcode: 1WVMac

TUESDAY

Time	Class	Location
10:00am	<u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with flexibility. Proper stretching creates flexibility in muscles and joints increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <u>Joyce Bloom, Symbria</u>	Phone: (312) 626- 6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:30am	<u>BINGOCIZE (Phone/ZOOM- Registration Required)</u> BINGOCIZE is an evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email jcoogan@whitecranewellness.org .	
10:30am	<p style="text-align: center;">October 26th</p> <u>Pharmacist Presentation: (Phone/ ZOOM)</u> <u>Immunizations Update 2021</u> By the time you are 65 years old, you have probably been exposed to or immunized against most of the common infectious diseases. However, sometimes that protection decreases, which is why certain immunizations are recommended in the elderly community. In this session, the pharmacist will review the most up-to-date recommendations for immunizations, what vaccines you should consider based on your age or any illnesses you have why these immunizations are important and who can give them to you. <u>Michelle Martin, PharmD</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
10:30am	<p style="text-align: center;">November 23rd</p> <u>Pharmacist Presentation: (Phone/ ZOOM)</u> <u>Advance Care Planning – Why the Conversation is Important</u> Did you know that 60% of people say that making sure their family is not burdened by tough healthcare decisions is “extremely important”, yet 56% have not communicated their end-of-life wishes. Eighty-two percent of people say it is important to put their wishes in writing, yet only 23% have actually done it. In this session, the pharmacist will provide an overview of advanced care planning and the importance of having the conversation with your healthcare provider. In addition, medication-related issues pertaining to quality of life and how an appropriate medication regimen can be used to ensure comfort care. <u>Michelle Martin, PharmD</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

TUESDAY

Time	Class	Location
10:30am	<p style="text-align: center;"><i>December 28th</i></p> <p><u>Pharmacist Presentation: (Phone/ ZOOM) Age-Friendly Health Care – A Focus on What Matters to YOU</u></p> <p>As our population ages, it is becoming more important every year to develop age-friendly health care to ensure we keep our older adults safe. Older adults often have complex needs and are at high risk for harm from unwanted treatment or potentially inappropriate medications. The 4Ms (What Matters, Medications, Mentation and Mobility) is a strategy to provide age-friendly care to older adults in any setting including the home, doctor's office, or hospital. In this session, the pharmacist will discuss promoting age-friendly health care. <u>Michelle Martin, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
11:00am	<p style="text-align: center;"><i>October 5th & October 19th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM) Are You Vaccination Up-to-Date?</u></p> <p>Immunizations are our best way to prevent disease in ourselves and others. Learn which vaccines are recommended for older adults, how they work, and when and how to get them in your arm. <u>Virginia Schelbert, MSN, APN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
11:00am	<p style="text-align: center;"><i>October 26th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM) Are You Vaccination Up-to-Date?</u></p> <p>Immunizations are our best way to prevent disease in ourselves and others. Learn which vaccines are recommended for older adults, how they work, and when and how to get them in your arm. <u>Cindy Nissen, MSN APN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 856 3223 7747</p> <p>Password: 123456</p>
11:00am	<p style="text-align: center;"><i>November 2nd & November 16th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM) Can We Talk About the Elephant in the Room?: Discussing Plan for End-of-Life Care</u></p> <p>Advance Care Planning (ACP) is a process for identifying personal health care preferences and choices for future care and sharing those wishes with your family, significant others, health care providers, and your self-selected medical decision maker. <u>Virginia Schelbert, MSN, APN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>

TUESDAY

Time	Class	Location
11:00am	<p style="text-align: center;"><i>November 23rd</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Can We Talk About the Elephant in the Room?:</u> <u>Discussing Plan for End-of-Life Care</u> Advance Care Planning (ACP) is a process for identifying personal health care preferences and choices for future care and sharing those wishes with your family, significant others, health care providers, and your self-selected medical decision maker. <u>Cindy Nissen, MSN, APN</u></p>	Phone: (312) 626-6799 Meeting ID: 856 3223 7747 Zoom: 123456
11:00am	<p style="text-align: center;"><i>December 7th & December 21st</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>What is an Age-Friendly Health System?</u> Learn what represents the essential hallmarks of good geriatric care. Information is shared about the 4M's: What Matters, Mobility, Medication and Mentation. <u>Virginia Schelbert, MSN, APN</u></p>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
11:00am	<p style="text-align: center;"><i>December 21st</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>What is an Age-Friendly Health System?</u> Learn what represents the essential hallmarks of good geriatric care. Information is shared about the 4M's: What Matters, Mobility, Medication and Mentation. <u>Cindy Nissen, MSN, APN</u></p>	Phone: (312) 626-6799 Meeting ID: 830 9734 6297 Password: 123456
11:00am	<p style="text-align: center;"><i>October 12th, November 9th & December 14th</i></p> <p><u>Talk With Your Wellness Nurse Cindy</u> <u>Relax & Renew (Phone / ZOOM)</u> Got Stress? Join Wellness Nurse Cindy Nissen for Relax & Renew, on October 12 (autumn guided imagery), November 9 (gratitude meditation) and December 14 (managing holiday stress) to explore a variety of relaxation exercises you can do anytime or any place... just for the health of it. Join others and schedule some ME time to reset your batteries! To participate in Relax & Renew, join online with ZOOM OR by telephone. <u>Cindy Nissen, MSN, APN</u></p>	Phone: (312)626-6799 Meeting ID: 861 1017 1115 Password: 123456
11:00am	<p style="text-align: center;"><i>October 5th November 2nd & November 30th * December 7th</i></p> <p><u>Ageless Grace® with Cindy (Phone / ZOOM)</u> Join Wellness Nurse and Certified Ageless Grace® Educator, Cindy Nissen, for a fun exercise program that works your brain and your body. This program is done while sitting in a chair. We use 21 simple tools to lubricate our joints, strengthen our muscles, improve flexibility, eye-hand coordination and tickle our funny bone. Join with ZOOM or with a speakerphone. <u>Cindy Nissen, MSN, APN</u></p>	(312)626-6799 Meeting ID: 897 1240 3656 Password: 123456 *Nov 30 th : Meeting ID 878 3474 1634 Password: 123456

TUESDAY

Time	Class	Location
11:00am	<u>Sit & Be Strong with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <u>Patricia Dereef</u>	Meeting ID: 781 025 7235 Passcode: 1WVMac
11:00am	<u>Making Jewelry in Style (ZOOM)</u> Learn jewelry making design and techniques. <u>Lisa Booker, Instructor</u>	Meeting ID: 211 663 6297 Passcode: Music
11:30am	<u>October 26th, November 23rd & December 28th Pharmacist Consultations: (Phone/ ZOOM)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <u>Michelle Martin, PharmD</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
12:00pm	<u>Open Mic Karaoke (ZOOM)</u> Join KJ (Karaoke Jockey) Vennié Tolbert-Rodgers in "Open Mic" and sing along karaoke style, request songs, read poetry, try your hand at storytelling or even tell a joke or two! <u>Vennié Tolbert-Rodgers, Instructor.</u>	Meeting ID: 478 347 6251 Passcode: Diamond
1:00pm	<u>Core Builders Class with Patricia (ZOOM)</u> Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday tasks. Chair. <u>Patricia Dereef, Symbria Well-Being Specialist.</u>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>Intermediate Soul Line Dancing (ZOOM)</u> If you already know the basic steps of line dancing and you can name the moves, then join in this intermediate level line dance class. Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. <u>Hakeemah Shamsuddin, Instructor</u>	Meeting ID: 874 4212 6494 Passcode: cocdance
1:00pm	<u>Tai Chi for Wellness (ZOOM)</u> Tai Chi is a fitness exercise that can improve strength, flexibility, balance and aerobic conditioning. Tai Chi has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease and Parkinson's Disease. <u>Craig Harris, Instructor</u>	Phone (312) 626 6799 Meeting ID: 841 9879 2985 Passcode: 690519

TUESDAY

Time	Class	Location
1:30pm	<u>Knitting & Crocheting (ZOOM)</u> It is never too late to learn something new...and crocheting or knitting may be the new thing to learn! Studies have shown that knitting and crocheting can help to improve your emotional well-being, cognitive and physical abilities, and enhance your overall quality of life. <i>*Late start 2pm November 16th, no classes Dec 21st & Dec 28th. Jo-Ann McKelphin, Instructor</i>	Meeting ID: 852 1165 0662 Passcode: 12345 Dial-in: 312 626-6799
2:00pm	<p style="text-align: center;">October 26th</p> <u>Nurse Presentation: (Phone/ ZOOM)</u> <u>What is an Age-Friendly Health System?</u> Learn what represents the essential hallmarks of good geriatric care. Information is shared about the 4M's: What Matters, Mobility, Medication and Mentation. <u>Virginia Schelbert, MSN, APN</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
2:00pm	<p style="text-align: center;">November 23rd</p> <u>Can We Talk About the Elephant in the Room?: Discussing Plan for End-of-Life Care (Phone/Zoom)</u> Advance Care Planning (ACP) is a process for identifying personal health care preferences and choices for future care and sharing those wishes with your family, significant others, health care providers, and your self-selected medical decision maker. <u>Virginia Schelbert, MSN, APN</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
2:00pm	<p style="text-align: center;">December 28th</p> <u>Nurse Presentation: (Phone/ ZOOM)</u> <u>What is an Age-Friendly Health System?</u> Learn what represents the essential hallmarks of good geriatric care. Information is shared about the 4M's: What Matters, Mobility, Medication and Mentation. <u>Virginia Schelbert, MSN/APN</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
2:00pm	<u>Core Builders with Ash (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core muscles and reduce lower back pain. As we age, we lose balance and stability. Core exercises train your muscles in your pelvis, lower back, abdomen, and hip to work in harmony. Strong core enhances balance and stability and reduces the risk of injury. Seated and standing class <u>Ash Duggal, Symbria</u>	Meeting ID: 735 1293 3404 Passcode: 8kg5G7
2:00pm	<u>Super Circuit Group Class (ZOOM)</u> Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all of your joints and muscles, including the heart muscle! <u>Judie Bernard, Symbria</u>	Meeting ID: 933 398 2644 Passcode: 261424

TUESDAY

Time	Class	Location
2:00pm	<p style="text-align: center;">October 5th-December 28th WEEKLY VIRTUAL SOCIAL SUPPORT GROUPS (Phone/ZOOM)</p> <p>Do you want to connect to others during this time of social distancing? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as you explore new ideas and ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. You can participate in the group with video from your computer/tablet, or you can participate by phone only. <u>Lisa Muhammad, LSW</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 997 9024 2962</p>
2:30pm	<p style="text-align: center;">November 23rd Dietician Presentation (Phone / ZOOM) Score a SMART Goal for Your Diet and Lifestyle</p> <p>Scoring goals is not just for sports! Personal goals are an extremely important part of reaching your full health potential. Learn strategic ways to makes SMART goals that focus around your diet and lifestyle choices that can help you live the best life YOU are meant to Live! <u>Jim Coogan, RD, LDN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
3:30pm	<p style="text-align: center;">October 5th & October 12th Dietician Presentation (Phone / ZOOM) Boost Your Immunity Through Diet</p> <p>October is a great time to BOOst your immune health. But are there really foods that can make your immune system healthier than others? YES! But what are they? Join use as we explore what foods to include in your diet especially during the cold and flu months to help keep your body strong and healthy all year long! <u>Jim Coogan, RD, LDN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>

WEDNESDAY

Time	Class	Location
8:30am	<p>Balance Boosters Class (ZOOM)</p> <p>Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <u>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</u></p>	<p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>
9:00am	<p>Tai Chi for Fall Prevention & Balance (ZOOM)</p> <p>Tai Chi is a unique body-mind form of exercise that involves a series of slow, gentle graceful flowing movements. The Tai chi movements are done with gentle graceful circular motions while breathing deeply. <u>Mari-Jane Dare, Instructor</u></p>	<p>Meeting ID: 891 7497 7333</p> <p>Passcode: 001050</p>

WEDNESDAY

Time	Class	Location
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, Symbria</i>	Meeting ID: 764 0903 0804 Passcode: mgatt8
10:00am	<u>Forever Fit Class with Betty (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i>	Meeting ID: 769 570 2809 Passcode: 1x6w0i
10:00am	<u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<p style="text-align: center;">October 6th, October 13th & October 20th</p> <u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Are You Vaccination Up-to-Date?</u> Immunizations are our best way to prevent disease in ourselves and others. Learn which vaccines are recommended for older adults, how they work, and when and how to get them in your arm. <i>Marcia Haynes-Cody, RN</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

WEDNESDAY

Time	Class	Location
10:00am	<p><i>November 3rd, November 10th & November 17th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Can We Talk About the Elephant in the Room?:</u> <u>Discussing Plan for End-of-Life Care</u></p> <p>Advance Care Planning (ACP) is a process for identifying personal health care preferences and choices for future care and sharing those wishes with your family, significant others, health care providers, and your self-selected medical decision maker. <i>Marcia Haynes-Cody, RN</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
10:00am	<p><i>December 1st, December 8th & December 15th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>What is an Age-Friendly Health System?</u></p> <p>Learn what represents the essential hallmarks of good geriatric care. Information is shared about the 4M's: What Matters, Mobility, Medication and Mentation. <i>Marcia Haynes-Cody, RN</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
10:00am	<p><i>October 5th-December 28th</i></p> <p><u>WEEKLY VIRTUAL SOCIAL SUPPORT GROUPS</u> <u>(Phone/ZOOM)</u></p> <p>Do you want to connect to others during this time of social distancing? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as you explore new ideas and ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. You can participate in the group with video from your computer/tablet, or you can participate by phone only. <i>Sandy Rubovits, LSW</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 934 9355 5427</p>
11:00am	<p><u>Belly Dance Fitness (ZOOM)</u></p> <p>Learn Isolation and Coordination for core strengthening, posture, balance, and agility. Explore graceful movements for a new kind of physical confidence. Cultivate precise muscle control. Be FIT, FIRM & HEALTHY <i>Dianne Hodges, Instructor</i></p>	<p>Meeting ID: 862 9955 9024</p> <p>Passcode: 241573</p>
11:00am	<p><u>Core Builders with Judie (ZOOM)</u></p> <p>Easy to Intermediate class is designed for persons seeking to strengthen core/trunk/hip/pelvis muscles to improve stability, balance, stamina, reducing lower back pain in a seated, standing and MAT class. <i>Judie Bernard, Symbria</i></p>	<p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>
11:00am	<p><u>Sit & Be Strong with Patricia (ZOOM)</u></p> <p>Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria</i></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>

WEDNESDAY

Time	Class	Location
12:00pm	<u>Meditation (ZOOM)</u> Create Mind, Body and Soul Awareness through meditation. <u>Dianne Hodges, Instructor</u>	Meeting ID: 862 9955 9024 Passcode: 241573
12:00pm	<u>Line Dancing (ZOOM)</u> Who says fitness can't be fun? Vennié will have you dancing your way to fitness! Beginner & intermediate dances. <u>Vennié Tolbert-Rodgers, Instructor.</u>	Meeting ID: 478 347 6251 Passcode: Diamond
1:00pm	<u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair <u>Patricia Dereef, Symbria Well-Being Specialist</u>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <u>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</u>	Meeting ID: 907 424 6822 Passcode: q5QBVj
2:00pm	<u>Well-Being Yoga class (ZOOM)</u> Physical activities are good for relieving stress and this is particularly true of Yoga. Yoga improves your mind-body concentration, giving you better awareness of your own body. Yoga increase your muscle tone, improves your balance, supports joint health, and prevents back pain. Yoga helps to improve your breathing and flexibility. <u>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</u>	Meeting ID: 735 1293 3404 Passcode: 8kg5G7
3:00pm	<u>October 20th, November 17th & December 15th</u> <u>MONTHLY TELEPHONIC SOCIAL SUPPORT GROUPS (Phone)</u> <u>Coping and Connection in the Time of COVID</u> <u>Third Wednesday of every month, 3:00 – 4:00 PM</u> The COVID-19 pandemic has brought a great amount of uncertainty and unprecedented changes into our lives. In an effort to support our patients and community members through this time, the department of Social Work and Community Health is hosting a monthly telephonic support group. Each session will be facilitated by Jeaneane Quinn, Licensed Social Worker, at Rush University Medical Center. The group will feature various discussion topics and the Social Worker will help assist and guide individuals through any questions or concerns related to the ongoing pandemic. <u>Jeaneane Quinn, LSW</u>	Phone: (312) 535-8110 Access Code: 928 919 117

WEDNESDAY

Time	Class	Location
3:00pm	<u>Spanish II (Phone/ZOOM)</u> Join and learn conversational Spanish at an advanced level. <u>Marvin Childress, Instructor</u>	Phone: (312) 626-6799 Meeting ID: 846 3658 4845 Passcode: Spanish

THURSDAY

Time	Class	Location
9:00am	<u>Forever Fit Class with Betty (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i>	Meeting ID: 769 570 2809 Passcode: 1x6w0i
9:00am	<u>October 7th, November 4th & December 2nd Pharmacist Consultations (Phone/Zoom)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <u>Amina Gassam, PharmD</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
9:30am <i>Spanish</i>	<u>October 28th Pharmacist Presentation: Immunizations Update 2021</u> By the time you are 65 years old, you have probably been exposed to or immunized against most of the common infectious diseases. However, sometimes that protection decreases, which is why certain immunizations are recommended in the elderly community. In this session, the pharmacist will review the most up-to-date recommendations for immunizations, what vaccines you should consider based on your age or any illnesses you have why these immunizations are important and who can give them to you. <u>Sol Farias, PharmD</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

THURSDAY

Time	Class	Location
9:30am <i>Spanish</i>	<p><i>November 18th</i></p> <p><u>Pharmacist Presentation</u></p> <p><u>Advance Care Planning – Why the Conversation is Important</u></p> <p>Did you know that 60% of people say that making sure their family is not burdened by tough healthcare decisions is “extremely important”, yet 56% have not communicated their end-of-life wishes. Eighty-two percent of people say it is important to put their wishes in writing, yet only 23% have actually done it. In this session, the pharmacist will provide an overview of advanced care planning and the importance of having the conversation with your healthcare provider. In addition, medication-related issues pertaining to quality of life and how an appropriate medication regimen can be used to ensure comfort care. <u>Sol Farias, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
9:30am <i>Spanish</i>	<p><i>December 23rd</i></p> <p><u>Pharmacist Presentation</u></p> <p><u>Age-Friendly Health Care – A Focus on What Matters to YOU</u></p> <p>As our population ages, it is becoming more important every year to develop age-friendly health care to ensure we keep our older adults safe. Older adults often have complex needs and are at high risk for harm from unwanted treatment or potentially inappropriate medications. The 4Ms (What Matters, Medications, Mentation and Mobility) is a strategy to provide age-friendly care to older adults in any setting including the home, doctor’s office, or hospital. In this session, the pharmacist will discuss promoting age-friendly health care. <u>Sol Farias, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
10:00am	<p><i>October 7th</i></p> <p><u>Pharmacist Presentation</u></p> <p><u>Immunizations Update 2021</u></p> <p>By the time you are 65 years old, you have probably been exposed to or immunized against most of the common infectious diseases. However, sometimes that protection decreases, which is why certain immunizations are recommended in the elderly community. In this session, the pharmacist will review the most up-to-date recommendations for immunizations, what vaccines you should consider based on your age or any illnesses you have why these immunizations are important and who can give them to you. <u>Amina Gassam, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Phone/Zoom:</p> <p>Meeting ID: 850 615 1785</p>

THURSDAY

Time	Class	Location
10:00am	<p><i>November 4th</i> <u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Advance Care Planning – Why the Conversation is Important</u></p> <p>Did you know that 60% of people say that making sure their family is not burdened by tough healthcare decisions is “extremely important”, yet 56% have not communicated their end-of-life wishes. Eighty-two percent of people say it is important to put their wishes in writing, yet only 23% have actually done it. In this session, the pharmacist will provide an overview of advanced care planning and the importance of having the conversation with your healthcare provider. In addition, medication-related issues pertaining to quality of life and how an appropriate medication regimen can be used to ensure comfort care. <i>Amina Gassam, PharmD</i></p>	<p>Phone: (312) 626-6799</p> <p>Phone/Zoom:</p> <p>Meeting ID: 850 615 1785</p>
10:00am	<p><i>December 2nd</i> <u>Pharmacist Presentation</u> <u>Age-Friendly Health Care – A Focus on What Matters to YOU</u></p> <p>As our population ages, it is becoming more important every year to develop age-friendly health care to ensure we keep our older adults safe. Older adults often have complex needs and are at high risk for harm from unwanted treatment or potentially inappropriate medications. The 4Ms (What Matters, Medications, Mentation and Mobility) is a strategy to provide age-friendly care to older adults in any setting including the home, doctor’s office, or hospital. In this session, the pharmacist will discuss promoting age-friendly health care. <i>Amina Gassam, PharmD</i></p>	<p>Phone: (312) 626-6799</p> <p>Phone/Zoom:</p> <p>Meeting ID: 850 615 1785</p>
10:00am	<p><u>Forever Fit with Patricia (ZOOM)</u></p> <p>Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair. <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>
10:00am	<p><u>SHIP (ZOOM/PHONE- Registration Required)</u></p> <p>The Senior Health Insurance Program (SHIP) is a statewide health insurance counseling services for Medicare beneficiaries and their caregivers. Residents who are 60 and older are welcome to join the ZOOM webinar to learn more about their services to make informed health care decisions that optimize access to their care and benefits.</p> <p><i>Call 312-747-0440 to Register.</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 874 2636 4469</p> <p>Passcode: 12345</p>

THURSDAY

Time	Class	Location
10:00am	<u>Sit & Be Strong with Joyce (Phone & ZOOM)</u> Total body conditioning with hand weights designed to tone and strengthen your entire body. Resistance training aims to improve bone density, increase muscle strength, and assist in weight loss. Benefits may include improved balance and posture due to stronger muscles. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria Well-Being Specialist and Certified Fitness Instructor.</i>	Phone: (312)626-6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:30am <i>Spanish</i>	<u>October 28th, November 18th & December 23rd Pharmacist Consultations: (Phone/ ZOOM)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Sol Farias, PharmD</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
11:00am	<u>Sit & Be Strong with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	<u>Line Dancing with Lisa (ZOOM)</u> Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i>	Meeting ID: 211 663 6297 Passcode: Music
1:00pm	<u>Beginning Soul Line Dancing (ZOOM)</u> This is a fun, interactive beginner soul line dance class that will have you up and moving! Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. <i>Hakeemah Shamsuddin, Instructor</i>	Meeting ID: 822 8021 0462 Passcode: ccbegdance
1:00pm	<u>Cooking with Everyday Ingredients (Facebook)</u> Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! You may find a new favorite recipe! <i>Chef Gloria Hafer, Instructor</i> <i>*No Classes November 11th or November 25th</i>	Facebook Live facebook.com/ Gloria.hafer or search for "Gloria Dattulo Hafer" on Facebook

THURSDAY

Time	Class	Location
1:00pm	<u>Core Builders Class with Patricia (ZOOM)</u> Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday task. Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>October 21st</u> <u>The Covid-19 Pandemic Continues—Where are we now? How are we now? (Phone/Zoom)</u> Join Jeaneane Quinn, LSW, Rush Social Worker, for a question and answer session highlighting the most up-to-date information about the Covid-19 pandemic and variants. We will discuss current health and safety guidelines from the Centers for Disease Control, City and State, and engage in discussion about how we are managing for ourselves or others, and identify strategies and resources to keep us feeling safe and supported. <i>Jeaneane Quinn, LSW</i>	Phone: (312)626-6799 Meeting ID: 847 5800 9708 Password: 123456
1:00pm	<u>November 18th</u> <u>Cultivating the Practice of Gratitude for Thanksgiving and Well-Being (Phone/Zoom)</u> <i>Have you ever considered starting a “Gratitude Practice?”</i> In celebration of Thanksgiving, join Jeaneane Quinn, LSW, Rush Social Worker, to learn ways to cultivate gratitude for Thanksgiving and in your daily life. Evidence shows that the practice of gratitude helps improve our physical and mental health, sleep and self-esteem, among other benefits. You will learn various techniques for developing your own gratitude practice, using a variety of self-guided tools, including: Prompts, Affirmations, a Gratitude Jar, Journaling, and other simple ways to foster gratitude in everyday life. <i>Jeaneane Quinn, LSW</i>	Phone: (312)626-6799 Meeting ID: 847 5800 9708 Password: 123456
1:00pm	<u>December 16th</u> <u>Celebrating the Holidays and New Year with Safe Gatherings, Self-Care and Joy! (Phone/Zoom)</u> As the Covid-19 Pandemic continues, we will discuss simple strategies to help you safely celebrate the gifts of family, friendship, and joy during the holiday season. We will share suggestions on gathering safely with others, near or far, and various ways to bring cheer to yourself and others who may be experiencing emotional or health challenges during the holiday season. Self-care tools will be provided to help you foster health and wellness during the holiday season. Finally, we will also discuss the most up-to-date CDC Covid-19 travel and health/safety recommendations available at the time of this presentation, from the Centers for Disease Control, City and the State of Illinois. <i>Jeaneane Quinn, LSW</i>	Phone: (312)626-6799 Meeting ID: 847 5800 9708 Password: 123456

THURSDAY

Time	Class	Location
2:30pm	<p><i>October 21st & October 28th</i> <u>Dietician Presentation (Phone / ZOOM)</u> <u>Boost Your Immunity Through Diet</u> October is a great time to <i>BOO</i>st your immune health. But are there really foods that can make your immune system healthier than others? YES! But what are they? Join us as we explore what foods to include in your diet especially during the cold and flu months to help keep your body strong and healthy all year long! <u>Jim Coogan, RD, LDN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
2:30pm	<p><i>November 4th, November 11th & November 18th</i> <u>Dietician Presentation (Phone / ZOOM)</u> <u>Score a SMART Goal for Your Diet and Lifestyle</u> Scoring goals is not just for sports! Personal goals are an extremely important part of reaching your full health potential. Learn strategic ways to make SMART goals that focus around your diet and lifestyle choices that can help you live the best life YOU are meant to Live! <u>Jim Coogan, RD, LDN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
2:30pm	<p><i>December 2nd, December 9th, December 16th & December 23rd</i> <u>Dietician Presentation (Phone / ZOOM)</u> <u>Trans Fat Detectives Wanted!</u> Trans fats are an extremely unhealthy fat found in many processed foods. Though the food industry is working to reduce the use of them they are still found in many common foods you might eat each day. Learn what they do, how to detect where they are and great alternative food choices to help keep you loving what you eat. <u>Jim Coogan, RD, LDN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
2:30pm	<p><u>Spanish I</u> Join in and learn basic Spanish. All are welcome. <u>Marvin Childress, Instructor</u></p>	<p>Meeting ID: 817 9992 2495 Passcode: spanish Dial-in: 312 626-6799</p>
3:00pm	<p><u>Computer and Technology (ZOOM)</u> Increase your computer and technology skills. Learn basic, intermediate, and advanced skills, including how to set-up an e-mail account and how to navigate social media. Time will be allotted for "How do I..." questions at the end of each class. <u>Joseph Fedorko, Instructor</u></p>	<p>Meeting ID: 514 975 0953</p> <p>Passcode: 727822</p>

FRIDAY

Time	Class	Location
8:30am	<u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am Spanish	<u>Bingocize (ZOOM/Phone- Registration required)</u> BINGOCIZE es un programa de ejercicio grupal diseñado para aumentar la movilidad y el estado físico. Los ejercicios ofrecidos son apropiados para personas de todos los niveles de condición física. ¡Únase a nosotros para mejorar tu salud, hacer nuevos amigos y ganar una PREMIOS! ¡Participe desde la comodidad de su propio hogar, por tableta, computadora o teléfono! Si necesita ayuda para conectarse, no se preocupe. ¡Nuestro especialista en informática lo ayudará a conectarse! El espacio es limitado; así que regístrese hoy para reservar su lugar y ¡traiga un amigo <i>*No Clase el 26 de Nov, 24 de Dic, & 31 de Dic del 2021.</i>	
9:00am	<u>Zumba (ZOOM)</u> Latin-inspired cardio dance fitness workout class that features Latin and International music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. No. dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm and an open mind. <i>Mari-Jane Dare, Instructor.</i>	Meeting ID: 867 0629 1839 Passcode: 001050
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am Hindi	October 15th <u>Pharmacist Presentation</u> <u>Immunizations Update 2021</u> By the time you are 65 years old, you have probably been exposed to or immunized against most of the common infectious diseases. However, sometimes that protection decreases, which is why certain immunizations are recommended in the elderly community. In this session, the pharmacist will review the most up-to-date recommendations for immunizations, what vaccines you should consider based on your age or any illnesses you have why these immunizations are important and who can give them to you. <i>Nazia Babul, PharmD</i>	Phone: (312) 626-6799 Phone/ZOOM Meeting ID: 850 615 1785

FRIDAY

Time	Class	Location
10:00am Hindi	<p align="center">November 19th</p> <p><u>Pharmacist Presentation (Phone / ZOOM)</u> <u>Advance Care Planning – Why the Conversation is Important</u></p> <p>Did you know that 60% of people say that making sure their family is not burdened by tough healthcare decisions is “extremely important”, yet 56% have not communicated their end-of-life wishes. Eighty-two percent of people say it is important to put their wishes in writing, yet only 23% have actually done it. In this session, the pharmacist will provide an overview of advanced care planning and the importance of having the conversation with your healthcare provider. In addition, medication-related issues pertaining to quality of life and how an appropriate medication regimen can be used to ensure comfort care. <u>Nazia Babul, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Phone/Zoom</p> <p>Meeting ID: 850 615 1785</p>
10:00am Hindi	<p align="center">December 17th</p> <p><u>Pharmacist Presentation (Phone / ZOOM)</u> <u>Age-Friendly Health Care – A Focus on What Matters to YOU</u></p> <p>As our population ages, it is becoming more important every year to develop age-friendly health care to ensure we keep our older adults safe. Older adults often have complex needs and are at high risk for harm from unwanted treatment or potentially inappropriate medications. The 4Ms (What Matters, Medications, Mentation and Mobility) is a strategy to provide age-friendly care to older adults in any setting including the home, doctor’s office, or hospital. In this session, the pharmacist will discuss promoting age-friendly health care. <u>Nazia Babul, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Phone/Zoom</p> <p>Meeting ID: 850 615 1785</p>
10:00am	<p><u>Forever Fit Class with Judie (ZOOM)</u></p> <p>Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <u>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</u></p>	<p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>
10:00am	<p><u>Hula Hoop Stretch Class (ZOOM)</u></p> <p>This stretch is usually performed by making a circular rocking motion with the hips while standing with the feet slightly apart. Some workouts involve standing an extended leg or placing the body in different positions to work different muscle groups and improve balance. Stretching is also a huge component to increase strength and range of motion. Partial standing and chair <u>Patricia Dereef, Symbria Well-Being Specialist.</u></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>

FRIDAY

Time	Class	Location
10:00am	<u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with flexibility. Proper stretching creates flexibility in muscles and joints increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria Well-Being Specialist and Certified Fitness Instructor.</i>	Phone: (312)626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, Symbria</i>	Meeting ID: 764 0903 0804 Passcode: mgatt8
10:00am	<u>Forever Fit Class with Betty (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i>	Meeting ID: 769 570 2809 Passcode: 1x6w0i
10:00am	<p style="text-align: center;"><i>December 3rd</i></p> <u>Illinois Secretary of State Rules of the Road Class (ZOOM)</u> This class will assist you with taking your driving test and provide information on highway safety. Handouts will be available. Please register in advance by calling 312 747-0440.	Meeting ID: 861 3694 3154 Passcode: 546381 Dial-in: 312 626-6799
10:30am	<u>BINGOCIZE (Phone/ZOOM- Registration Required)</u> This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email jcoogan@whitecranewellness.org . <i>*No classes November 26th, December 24th and December 31st</i>	
10:30am	<u>Tai Chi & Yoga Stretch (ZOOM)</u> Add some variety to your fitness routine and join Fran for a mix of Tai Chi and Yoga! <i>Frances Strain, Instructor</i>	Meeting ID: 892 9454 8741 Passcode: 652867

FRIDAY

Time	Class	Location
11:00am Hindi	<u>October 15th, November 19th & December 17th</u> <u>Pharmacist Consultations: (Phone/ ZOOM)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Nazia Babul, PharmD</i>	Phone: (312)626-6799 Phone/Zoom Meeting ID: 850 615 1785
11:00am	<u>Arthritis Ability Class (ZOOM)</u> Arthritis is both range-of-motion (ROM) and stretching exercises help to maintain or improve the flexibility in affected joints and surrounding muscles. This contributes to better posture, reduced risk of injuries and improved function. These more vigorous exercises are designed to work muscles a bit harder. As the muscle becomes stronger, it provides greater joint support and helps reduce loading and stress through the painful joint. Chair <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
1:00pm	<u>Drawing and Painting (ZOOM)</u> Reveal your creative side. Learn visual art while applying your own artistic vision. <i>Sharon Pate-Martin, Instructor</i> <i>*No Classes Oct 7th, Nov 26th, Dec 24th & Dec 31st</i>	Meeting ID: 484 648 2271 Passcode: 4C2uJQ
2:00pm	<u>Super Circuit Group Class (ZOOM)</u> Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all your joints and muscles, including the heart muscle! <i>Judie Bernard, Symbria</i>	Meeting ID: 933 398 2644 Passcode: 261424

SATURDAY

10:00am	<u>October 23rd, November 27th & December 18th</u> <u>Senior Book Club in English and Spanish</u> <u>(Phone/ZOOM- Registration Required)</u> Join us in a special collaboration between Chicago Public Library and the Senior Services Division of the Department of Family and Support Services. October 23 rd : <u>The Giver of Stars</u> by Jojo Moyes November 27: <u>In the Time of the Butterflies</u> by Julia Alvarez December 18 th <u>Water for Elephants</u> by Sara Gruen Copies of the book may be obtained from the Chicago Lawn Branch, 6120 S. Kedzie Ave, or requested at your local library. Questions: Please call 312 747-0639 Chicago Lawn Branch 6120 S. Kedzie Ave.	Meeting ID: 833 0209 7630 Passcode: 125911 Dial-in: 312 626-6799
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SATURDAY

Time	Class	Location
12:00pm Spanish	<p><i>23 de Octubre, 27 de Noviembre y 18 de Diciembre</i></p> <p><u>Club de Lectura (Teléfono/ZOOM- registro requerido)</u></p> <p>Acompáñenos en esta colaboración especial entre la Biblioteca Pública de Chicago y la División de Servicios para Personas Mayores del Departamento de Familia y Servicios de Apoyo</p> <p>23 de Octubre: <u>Te Regalare las Estrellas</u> de Jojo Moyes</p> <p>27 de Noviembre: <u>En el Tiempo de Las Mariposas</u> de Julia Alvarez</p> <p>18 de Diciembre: <u>Aqua para Elefantes</u> de Sara Gruen</p> <p>por favor regístrese con anticipación por correo electrónico a chicagolawn@chipublib.org or teléfono 312-747-0639.</p> <p>La Biblioteca Pública de Chicago tiene copias en inglés y español del libro disponibles en letra grande y regular. Se pueden obtener copias del libro en la Sucursal 6120 S. Kedzie Ave. de Chicago Lawn o solicitar en su biblioteca local.</p> <p>Únase a una discusión interesante.</p>	<p>ID de reunión: 833 0209 7630</p> <p>Código de acceso: 125911</p> <p>Acceso telefónico: 312 626-6799</p> <p>Preguntas por favor llame a: Chicago Lawn Branch 6120 S. Kedzie Ave. Chicago, IL 60629</p> <p>312 747-0639</p>
12:00pm	<p><u>Line Dancing with Lisa (ZOOM)</u></p> <p>Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i></p>	<p>Meeting ID: 211 663 6297</p> <p>Passcode: Music</p>
1:30pm	<p><u>Latin Dance Lessons (ZOOM)</u></p> <p>No partner needed! Learn Salsa, Bachata, Merengue, and Cha-Cha! <i>Norm Viray, Instructor</i></p>	<p>Meeting ID: 817 2667 8600</p> <p>Passcode: 878350</p>

WELLNESS TEAM PHONE CONSULTATIONS

Looking for personalized help? Our team of wellness professionals are available by phone to answer your health-related questions and to refer you to resources wherever possible. Please note, phone consultations are not designed to address emergencies. Please call 911 if you are having an emergency.

To make an appointment for a phone consultation, please call White Crane Wellness Center at (773) 271-9001. Appointments are available on a first come, first served basis and last for approximately 15 minutes.

- **Ask the Nurse**
 - The nurse can help quickly answer your most pressing health questions and direct you to follow up care as needed.
- **Ask the Social Worker**
 - The social worker can provide emotional support as you adjust to a new way of life, as well as provide resources for accessing social services where possible.
- **Ask the Pharmacist**
 - The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.
- **Ask the Dietitian**
 - The dietitian has ideas for ways to get creative with healthy food, as many of us are cooking more these days, and can provide suggestions for the safest ways to access healthy foods during quarantine.



**HOME WELLNESS PROGRAMS
FOR CHICAGOANS 60 YEARS & BETTER**

**UNASE POR
TELEFONO O
COMPUTADORA**



Ejercicio con un toque especial!



BINGOCIZE es un programa de ejercicio grupal diseñado para aumentar la movilidad y el estado físico. Los ejercicios ofrecidos son apropiados para personas de **todos los niveles de condición física**. ¡Únase a nosotros para mejorar tu salud, hacer nuevos amigos y ganar una **PREMIOS!**

¡Participe desde la comodidad de su propio hogar, por tableta, computadora o teléfono! Si necesita ayuda para conectarse, no se preocupe. ¡Nuestro especialista en informática lo ayudará a conectarse!

El espacio es limitado; así que regístrese hoy para reservar su lugar y ¡traiga un amigo!

**Lunes de 2:00–3:00pm, Martes y Viernes de 9:00–10:00am
por ZOOM y Telefono!**

No Clase el 11 de Oct, 26 de Nov, 24 de Dic, 31 de Dic del 2021.

Para registrarse por teléfono, comuníquese con el Centro de Bienestar White Crane al **773-271-9001**. O envíenos un correo electrónico a **jcoogan@whitecranewellness.org**.



**HOME WELLNESS PROGRAMS
FOR CHICAGOANS 60 YEARS & BETTER**

**JOIN US BY PHONE OR
COMPUTER**

OFRECIDO EN ESPAÑOL



Exercise with a Twist!



BINGOCIZE is an evidence-based group exercise program designed to increase mobility and fitness. Exercises offered are appropriate **for people at all fitness levels**. Join us to improve your health, make new friends and win **PRIZES!**

Participate from the comfort of your own home, by Tablet, Computer or Phone! If you need help getting online, don't worry. Our computer specialist will help you get connected!

Space is limited; so register today to reserve your spot, and bring a friend!

**Mondays from 1-2 PM, Tuesdays from 10:30 -11:30 AM
and Fridays from 10:30 to 11:30 AM via ZOOM
No classes Oct 11th, Nov 26th, Dec 24th or Dec 31st, 2021.**

To register over the phone, please contact **White Crane Wellness Center** at **773-271-9001**. Or email us at **jcoogan@whitecranewellness.org**.

Feeling Disconnected? We Have a Solution for You!

FREE Zoom Tutorial

Designed Just For Seniors!

During this time of social distancing, the City of Chicago's Health Promotion Providers are using ZOOM to offer health and wellness services online.

You can still participate by phone, but if you would like to enhance your experience, you can connect online via a laptop, desktop computer, tablet or cell phone. By connecting online, you will be able to see our health promotion team (Nurses, Social Workers, Dietitians, Pharmacists, and Evidence-Based Class Leaders), as well as your fellow senior participants.

The tutorial will cover the basics of using Zoom including:

- Where is the microphone / mute button?
- Where is the video button?
- Where is the "chat" button?
- How can I see who is talking?
- How can I see everyone on the call?
- How do I change my screen name?

To register for a free tutorial, please contact:
White Crane Wellness Center
by phone at (773) 271-9001
or by e-mail at info@whitecranewellness.org .

White  Crane
Wellness Center

¿Te sientes desconectado? ¡Tenemos una solución para

Tutorial GRATUITO de Zoom

¡Diseñado solo para personas mayores!

Durante este tiempo de distanciamiento social, los proveedores de promoción de la salud de la ciudad de Chicago están utilizando el ZOOM para ofrecer servicios de salud y bienestar en línea.

Aún puede participar por teléfono, pero si desea mejorar su experiencia, puede conectarse en línea a través de una computadora portátil, computadora de escritorio, tableta o teléfono celular. Al conectarse en línea, podrá ver a nuestro equipo de promoción de la salud (enfermeras, trabajadores sociales, dietistas, farmacéuticos y líderes de clase basados en evidencia), así como a sus compañeros participantes mayores.

El tutorial cubrirá los conceptos básicos del uso de ZOOM, incluidos:

- ¿Dónde está el botón de micrófono / silencio?
- ¿Dónde está el botón de video?
- ¿Dónde está el botón "chat"?
- ¿Cómo puedo ver quién está hablando?
- ¿Cómo puedo ver a todos en la llamada?
- ¿Cómo cambio mi nombre de usuario?

Para registrarse para obtener un tutorial gratuito, comuníquese con: White Crane Wellness Center

Por teléfono al (773) 271-9001

O por correo electrónico a info@whitecranewellness.org

White  Crane
Wellness Center

LET'S GET BACK TO...



BEING ACTIVE AND SPENDING QUALITY TIME WITH CHERISHED FRIENDS!

**CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES SENIOR
SERVICES COVID-19 VACCINE SUPPORT HOTLINE**

★ 312-706-5423 ★

CALL MONDAY-FRIDAY, 8:30 A.M. TO 4:30 P.M.

GETTING VACCINATED IS YOUR BEST PROTECTION AGAINST COVID-19!

**GET HELP WITH
IDENTIFYING**

- **SITE LOCATIONS**
- **SCHEDULING APPOINTMENTS**
- **APPOINTMENT REMINDERS**

- **TRANSPORTATION TO
APPOINTMENTS
& MORE!**

ABOUT THE CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES AREA AGENCY ON AGING:

The DFSS Chicago Area Agency on Aging is engaging in vaccination outreach, awareness, and support by helping with the scheduling of nearby vaccination opportunities. Additionally, the DFSS Chicago AAA provides access to a variety of services available citywide to address the diverse needs and interests of older Chicagoans, from those who are active and healthy, to those residing in long-term care facilities and seniors who are fragile and may be confined to home.



Join us for a monthly series on

Honoring Your Health Care Choices

Do you know your wishes for medical care if you were to become seriously ill? Do your loved ones know your wishes, and will they respect them? Are you worried about suffering if you become ill or living with uncontrolled pain? Do you know what programs are available to support families caring for a seriously ill loved one?

Learn about these topics and more at these following sessions. Each session is led by a multidisciplinary team of clinicians from Rush University System for Health.

Wednesday, September 29, 1 to 2pm

Who Makes Medical Decisions if You Cannot Make Them for Yourself?

Wednesday, October 20, 1 to 2pm

Life Support, Feeding Tubes, and CPR – Your Questions Answered

Wednesday, November 17, 1 to 2pm

Caring for Patients and Families Dealing with Chronic or Life Limiting Illness

Wednesday, December 15, 1 to 2pm

Religion, Spirituality, Medical Care and Patient Health

To register or for more information, call 888.352.RUSH (7874)

Online Location

This lecture series will be held online through the Zoom videoconferencing platform (zoom.us).

You may also watch and participate through the Rush Generations YouTube page at cutt.ly/RushGenYouTube

To obtain the Zoom meeting credentials or for audio-only participation, you must register beforehand.



Center for Excellence
in Aging

A healthier today
Rush Generations
and a vital tomorrow





Are you a caregiver of a family member or friend with Alzheimer's or a related dementia? This program is for you!

Join us for SAVVY CAREGIVER™, a free, interactive 6-week training series designed to support family caregivers.

"...It was therapeutic to empathize with everyone and get to meet people in the same situation.

As a SAVVY CAREGIVER, you will be able to:

- Develop strategies and master skills to help your caregiver situation
- Find ways to reduce the effects of stress through planning and self-care
 - Manage daily life and behaviors
- Effectively communicate with a person with dementia

FALL 2021 ONLINE SCHEDULE

SAVVY CAREGIVER Series 14

Wednesdays • September 22, 29
October 6, 13, 20 and 27
8:30 AM – 10:30 AM

SAVVY CAREGIVER Series 15

Thursdays • September 30, October 7, 14, 21,
28 and November 4
2:00 PM – 4:00 PM

SAVVY CAREGIVER Series 16

Tuesdays and Fridays
October 12, 15, 19, 22, 26, 29
November 2, 5, 9, 12, 16 and 19
12:00 NOON - 1:00 PM

SAVVY CAREGIVER Series 17

Wednesdays • October 27, November 3, 10,
17, 24 and December 1
2:00 PM – 4:00 PM

REGISTER TODAY!

To register, please go to the link: <https://bit.ly/G3TSAVVY> Spaces are limited!
For more information, contact Danielle Riley at 312-743-1475 email Danielle.Riley@cityofchicago.org
or Victoria Russo at 312-743-3528 email Victoria.Russo@cityofchicago.org



Rush Generations is with you during social distancing

Throughout this time of social distancing, our dedication to healthy aging and wellbeing continues to be energetic and unwavering.

Mini-Clip Rush Generations Wellness Lectures. Every Monday, we will be posting video clips on the Rush Generations Facebook page to help you stay well. If you have a Facebook account, you can like, comment, and ask questions! We will also send these clips out through email.

Take Charge of Your Health workshops will be offered virtually through the Zoom videoconferencing platform. If you are interested in joining an upcoming 6-session group, call our 800 line.

Fitness Classes will be offered virtually, as well! More information on how to access these exercise classes will be on our Facebook page and e-newsletter.

Support Groups for Diabetes, Caregiving, Huntington's Disease, and Loneliness will continue to be offered virtually through conference calls.

Call our toll-free number at **800.757.0202** if you are in need of services, are feeling lonely, or would like more information about any of these virtual programs!

To make sure you are taking advantage of all of our virtual programming, make sure to “Like” us on Facebook and sign up for our e-newsletter!

Like us on Facebook at www.facebook.com/RushGenerations

To start receiving the Rush Generations e-newsletter, email us at Rush_Generations@rush.edu

CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES
VIRTUAL SENIOR CENTER PRESENTS:

Illinois Department on Aging
Senior Health Insurance Program (SHIP)
October 07, 2021 at 10:00 AM



The Senior Health Insurance Program (SHIP) is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers. Residents who are 60 and older are welcome to join the ZOOM webinar to learn more about their services to make informed health care decisions that optimize access to their care and benefits.

Call 312-747-0440 to Register.

Join by meeting number:

Meeting ID (access code): 874 2636 4469

Passcode: 12345

Join by phone: 312 626 6799

CHICAGO SENIORS CONNECTED
VIRTUAL SENIOR PROGRAMMING





Virtual Workshop: Learning to Live Well with Chronic Pain

The Chronic Pain Self-Management Program is a free seven-week workshop for people living with chronic pain. This workshop provides health education and exercise, as well as mutual support to build participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Topics covered include:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Practice of exercises for maintaining and improving strength, flexibility, and endurance
- Information and strategies on medication use and nutrition
- Communicating effectively with family, friends, and health professionals
- Pacing activity and rest
- How to evaluate new treatments

Registration is required and necessary to obtain information on how to access the workshop. Call 1.800.757.0202 to register.

**Mondays,
October 4th
through
November 15th
12:30pm to
3:00pm**

Online Access Information:

During the COVID-19 Pandemic, all Rush Generations workshops will be hosted using Zoom videoconferencing platform (<https://zoom.us>)

You will need Zoom access to participate in this workshop. If you need assistance setting this up, call Padraic Stanley, LCSW at 312-942-2089.

Pre-registration is necessary to receive workshop materials.



Excellence is just the beginning.

A healthier today
Rush Generations
and a vital tomorrow

Are you 55 and Older Caring for a Child Under 18 or Loved One with a Disability?

Grandparents or Older Relatives Raising Children Program

FREE support services include:

- ★ **Education & Training:** Learn about topics such as legal services, financial literacy, and strategies to support the emotional and educational development of the child.
- ★ **Gap-Filling Funds:** Help buying essential items like school supplies, technology, uniforms, furniture, clothes, after-school or summer camp fees.
- ★ **One-on-One Counseling:** Discuss self-care, decision-making, and ways to cope with stress when feeling overwhelmed with the challenges of raising children unexpectedly.
- ★ **Support Groups:** Share your stories, challenges, & successes caring for your loved ones.

Contact the DFSS Senior Services Division
Information and Assistance Unit
aging@cityofchicago.org • (312) 744-4016



Free Legal Services for Seniors

COMMON LEGAL ISSUES WE ASSIST WITH INCLUDE, BUT ARE NOT LIMITED TO:

MONEY & DEBT

- Bankruptcy and Debt Defense
- Chapter 7 and Chapter 13
- Consumer Fraud/Collections/Creditor Problems
- Financial Exploitation
- Public Aid Benefits (Social Security, SSI, SNAP, TANF, Medical)
- Contract and Warranties

DOMESTIC RELATIONS

- Elder Abuse/Orders of Protection for Victims of Domestic Violence
- Guardianship Discharge
- Age and Disability Discrimination
- Health and Long-Term Care Including Medicare and Medicaid

GRANDPARENTS/OTHER RELATIVES RAISING CHILDREN

- Support for Non-Parent Youth Caregivers (i.e. Appeals of DCFS Decisions)

ADVANCE PLANNING

- Power of Attorney for Healthcare and Property
- Living /Wills

HOUSING

- Utilities Including Eviction Defense of Subsidized Housing
- Foreclosure Defense
- Home Equity Conversion / Reverse Mortgages
- Landlord / Housing
- Loans / Installment Purchases



**CALL TO SCHEDULE AN INTAKE INTERVIEW
DFSS SENIOR SERVICES DIVISION INFORMATION
& ASSISTANCE UNIT 312 744-4016**

We cannot help with criminal, personal injury, probate, traffic, worker's comp, pensions, medical malpractice, building code violation, or business dispute cases.

Free interpreters for those who are Deaf/hard of hearing and for non-English speakers.



WE ARE CEDA

OUR MISSION

It is CEDA's mission to work in partnership with communities to empower individuals and families to achieve self-sufficiency and improve their quality of life.



WHO WE HELP

As one of the largest private, nonprofit Community Action Agencies in the US, we serve more than 300,000 people and 150,000 households in Chicagoland yearly.

OUR SERVICES

GAS & ELECTRIC ASSISTANCE



What is it?

A program to relieve stress on a household's budget and keep the utilities running.



How does it help me?

Provides a one-time benefit toward gas and electric bills.



What do I need to do?

Check your eligibility at CEDAorg.net/LIHEAP

FURNACE REPAIR & REPLACEMENT



What is it?

Assists when your heating system isn't working or unsafe.



How does it help me?

Provides a one-time benefit toward gas and electric bills.



What do I need to do?

Check your eligibility at CEDAorg.net/LIHEAP

WATER ASSISTANCE (City of Chicago)



What is it?

Makes your water, sewer and water-sewer tax bills more affordable.



How does it help me?

50% rate reduction for bills

No shut off, penalties or debt collection

Debt forgiveness after one year in the program



What do I need to do?

Check your eligibility at Chicago.gov/UBR

FsACE (Chicago Suburbs)



What is it?

Assists low-wage earners in attaining skills, knowledge and resources necessary to remove barriers and improve sustainability.



How does it help me?

Programs include Dental Care, Transportation, Vision Care, Family Nutrition, Trade Skills, Employment Services, Scholarships.



What do I need to do?

Check your eligibility at CEDAorg.net/FsACE

HOME WEATHERIZATION



What is it?

Home improvements that keep houses warmer in the winter and cooler in the summer.



How does it help me?

**Installs insulation
Seals drafty areas
Furnace/boiler and water heater replacement**



What do I need to do?

Check your eligibility at CEDAorg.net/Home-Weatherization

WOMEN, INFANTS, AND CHILDREN



What is it?

Food, education, and support for women, primary caregivers, infants, and children under age five.



How does it help me?

Provides healthy food, nutrition education, breast-feeding support, and referrals.



What do I need to do?

Check your eligibility at CEDAorg.net/WIC

HOUSING SERVICES



What is it?

Counseling services for homebuyers, homeowners, renters, and the homeless.



How does it help me?

Assists with affordable housing, avoiding displacement, budgeting and credit



What do I need to do?

Check your eligibility at CEDAorg.net/Housing

WORRIED ABOUT EVICTION? ★

Visit [Chicago.gov/Eviction](https://chicago.gov/Eviction)

▶ Don't Self-Evict

If you get an eviction notice, know that only the Cook County Sheriff's Office can carry out an eviction. It is illegal for your landlord to try to remove you from your home.

▶ Get Legal Help

Rentervention is a free and confidential service through Lawyer's Committee for Better Housing. Get your legal housing questions answered and get connected to more resources. Call **312-347-7600**, visit rentervention.com, or text "hi" to **866-7RENTER (866-773-6837)**.

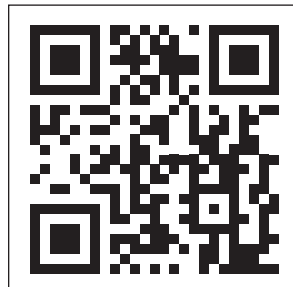
▶ Get Financial Help

You may be eligible to get up to 15 months of assistance, or you can check the status of your current application. Visit [Chicago.gov/RentHelp](https://chicago.gov/RentHelp)

▶ Connect to a Shelter

If you need to seek short-term shelter right away, please call **3-1-1** from anywhere in Chicago for placement.

Scan this QR code for more information.



Senior Services: At a Glance

The Chicago Department of Family and Support Services (DFSS) Senior Services Division offers a variety of citywide programs designed to address the diverse needs and interests of older Chicagoans and their caregivers. **In general, all Chicagoans aged 60 and older are eligible for services. Some programs have lower ages of eligibility, call us!**

Call Information and Assistance at 312-744-4016 or call 311
Monday – Friday, 8:30 am to 4:30 pm or email aging@cityofchicago.org

In-Home Support Services

Caregiver Respite

Caregiver Respite provides a break from caring for loved ones. A variety of options include in home care - home care aides, hiring of a personal friend or family, and residential care in a facility. Support is available for up to two weeks annually.

Caregiver Support

People who care for their aging family or loved ones (caregivers) can receive supportive services such as one-on-one or family counseling, support groups, food boxes, information and referrals, help purchase of goods or services, and education opportunities. A range of ages qualify – please call for information.

Caregiver Training & Education

The Savvy Caregiver™ Training Program is a 12-hour education program for family caregivers taking care of those with Alzheimer's Disease and related disorders. Each free weekly session is 2-hours over six weeks. A Caregiver Manual is provided. Training opportunities are available throughout the year.

Chore Services

Short-Term Chore service provides assistance with light housekeeping, laundry, shopping or other household support due to a life change, illness, disability, or temporary situation. **Heavy-Duty Chore is an intensive cleaning** for those whose living conditions pose a threat to their health and safety. Services include trash removal, moving heavy furniture, help with clutter, packing and more.

Grandparents & Older Relatives Raising Children

Grandparents or older relatives aged 55+ who have primary responsibility for a child under 18 or loved one with severe disabilities aged 19-59 are eligible for services including one-on-one or family counseling, support groups, information and referrals, education opportunities, and help purchasing goods or services such as clothes, school supplies, toys, and more.

Elder Rights, Legal Services, Protection, & Advocacy

Adult Protective Services (APS)

Certified APS workers respond to reports of alleged abuse of Chicagoans aged 60+ and those with disabilities aged 18-59. Concerns including physical, emotional, and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation. APS stops the abuse and develops a plan for safety, well-being, and prevention.

Case Advocacy & Support (CAS)

CAS provides a Well-Being Check to Chicagoans aged 55+ living in the community who may be experiencing challenges living independently or are at-risk to themselves or others. The Team meets with the older adult, assesses their situation, then provides helpful referrals to services and links to community supports.

Intensive Case Advocacy Services (ICAS)

ICAS provides ongoing support to Chicagoans aged 55+ who are experiencing challenges living independently in the community by helping clients to access supports that prolong the ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.

Legal Services

Legal Services protects the rights of older Chicagoans on matters such as: housing, guardianship, Powers of Attorney for health care and property, bankruptcy, fraud, employment, family law, financial and foreclosure counseling, reverse mortgages, and Advance Directives.

Ombudsman Program

Ombudsmen protect, defend and advocate for residents in long-term care facilities such as nursing homes, assisted living, and more.

Ombudsmen protect resident rights, resolve complaints, provide information, and ensure quality care for Chicago's long-term care residents over aged 19.

Senior Health Insurance Program (SHIP)

SHIP helps Medicare beneficiaries access Medicare, drug plans, and more. SHIP Counselors host educational programs and one-on-one counseling to help older adults and people with disabilities by providing objective information about health insurance, advocacy, or assistance, or referral if appropriate.

Senior Medicare Patrol

The Senior Medicare Patrol (SMP) Program educates consumers about Medicare & Medicaid fraud, waste, and abuse. Program staff and volunteers help Chicagoans to prevent, detect, and report Medicare and Medicaid abuse.

Meals

Congregate Dining

Hot, nutritious lunches in a group setting are provided each weekday at 50 community locations throughout Chicago. These meals promote better health through improved nutrition and reduced social isolation. Culturally specific meals are available.

Home Delivered Meals

Microwave-ready frozen or hot meals delivered to home-bound older adults 60 years of age or older who are unable to prepare meals for themselves and have no other means of acquiring nutritious and / or dietary-specific meals.

Community Programs

Brain Health Initiative

This free virtual and call-in training program is available to all Chicagoans and is targeted to residents living in apartment buildings. The program focuses on behaviors to maintain healthy brains throughout life.

Foster Grandparents

An opportunity for seniors to make a difference in a child's life. This program recognizes senior volunteers as a presence in the community. Volunteers make a difference in the lives of children and youth by mentoring and tutoring in communities across the city. This program includes travel, meal reimbursements, and a monthly stipend.

Senior Companion Program

Seniors make a difference in the lives of lonely, isolated older adults by reading, visiting and chatting, preparing light meals and more. This program recognizes senior volunteers as a presence in the community and includes travel, meal reimbursements, and a monthly stipend.

Senior Centers

Chicago Fitness Plus

Award-winning fitness programs that boost endurance, strength, balance and flexibility. Our centers are equipped with age-friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training in-person or online.

Health & Wellness Programs

Evidence-based health promotion and disease prevention programming is provided at all Senior Centers through monthly presentations, health screenings, and consultations with wellness nurses, dietitians, pharmacists, and social workers.

Life Enrichment Programs

A variety of social, educational & recreational activities for older adults tailored to the interests of the local community. Life Enrichment programming designed to keep participants active while providing opportunities to foster personal growth and creativity.



Senior Services: At a Glance

Senior Centers

Monday through Friday 8:30 am to 4:30 pm

**CENTRAL WEST
Regional Senior
Center**

2102 W Ogden Ave
312-746-5300

**NORTHWEST
Copernicus Senior
Center**

3160 N Milwaukee Ave
312-744-6681

**SOUTHEAST
Altas Senior Center**

1767 E 79th St
312-747-0189

**NORTHEAST
Levy Senior Center**
2019 W Lawrence Ave
312-744-0784

**DOWNTOWN
Renaissance Court**
78 E Washington St
312-744-4550
(temporarily closed)

**SOUTHWEST
Regional Senior
Center**
6117 S Kedzie Ave
312-747-0440

Satellite Senior Centers

Monday through Friday 8:30 am to 4:30 pm

- Abbot Park: 49 E 95th St
312-745-3493
- Auburn Gresham: 1040 W 79th St
312-745-4797
- Austin: 5071 W Congress Parkway
312-743-1538
- Chatham: 8300 S Cottage Grove Ave
312-745-0401
- Edgewater: 5917 N Broadway St
312-742-5323
- Englewood: 653-657 W 63rd St
312-745-3328
- Garfield Ridge: 5674-B S Archer Ave
312-745-4255
- Kelvyn Park: 2715 N Cicero Ave
312-744-3350
- North Center: 4040 N Oakley Ave
312-744-4015
- Norwood Park: 5801 N Natoma Ave
773-775-6071
- Pilsen Center: 2021 S Morgan St
312-743-0493
- Portage Park: 4100 N Long Ave
312-744-9022
- Roseland: 10426 S Michigan Ave
312-745-1500
- South Chicago: 9233 S Burley Ave
312-745-1282
- West Town: 1613 W Chicago Ave
312-743-1016